

# The Circle



The student newspaper of Marist College

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## Kicking "Cans Across America" for hunger month

By **BRENNA MCKINLEY**  
*Circle Contributor*

The "Cans Across America" campaign for Marist College dining services will kick off on Oct. 18. Food provider, Sodexo, sponsors an annual food drive that it calls "Cans Across America." Between 600 and 700 college campuses across the country take part in this event, which lasts from mid-October to mid-November each year.

"We take this very seriously," said Mohamad Charafeddine, Sodexo general manager at Marist College. Marist contributes to the "Cans Across America" campaign by teaming up with Campus Ministry, an on-campus organization. During Hunger Awareness Month, Campus Ministry dedicates itself to bringing attention to world hunger on a food drive.

The "Cans Across America" campaign is an original idea of Sodexo food services and has proven to be a very successful drive in many areas, said Charafeddine. In this campaign, all of the various Sodexo branches at colleges and universities across the country compete against one another to raise the largest amount of non-perishable food to be delivered to a local community organization in need.

The goals Sodexo sets for itself each year have grown significantly—from 112,869 pounds in 2006 to 327,410 pounds in 2008 according to Marist dining services records. Last year, Sodexo as a nationwide corporation set out to break the Guinness World Record for the amount of food donated by a non-charitable organization. With 396,833 pounds of non-perishable food gathered and distributed to needy communities, it succeeded.



CAMPUS MINISTRY/THE CIRCLE

Student and faculty volunteers collect and sort food for last year's food drive pictured above and below. The effort, a collaboration between Campus Ministry and Sodexo, takes place during Hunger Awareness Month. It serves as a way to stock up local food pantries and involve the Marist community in service related activities. Any food collected by Campus Ministry will be matched pound for pound by Sodexo.



CAMPUS MINISTRY/THE CIRCLE

The "Cans Across America" campaign begins at Sodexo corporate headquarters in Gaithersburg, Md. Officials here take the lead on the campaign, giving initiative to Sodexo retailers in individual communities and advertising the campaign nationwide. According to Charafeddine, Sodexo spends a great deal of time and effort in advance to promote this campaign.

Marist College dining services has received compliments from Sodexo's Albany district for its contributions to the campaign. Last year, for example, it ranked in the top 10 in the district.

"We love to do that and we do that [campaign] every year faithfully," said Charafeddine.

He estimates that in 2008, Marist contributed 838 pounds of non-perishable food to the nationwide campaign, a "good start," he called it.

Marist students are encouraged to donate non-perishable food items to tables set up throughout campus manned by Campus Ministry members. Sodexo matches pound for pound the amount of food Campus Ministry collects, and all of the food is transported together to a local Poughkeepsie organization in need. Sodexo provides transportation for the food, which was delivered locally last year to Dutchess Outreach, Inc., an organization whose aim it is to provide temporary, basic needs for those less fortunate in the Dutchess County area.

According to Victoria Banks, Marketing Coordinator for Sodexo's Marist branch, plans are in order to coordinate with Campus Ministry once again, as well as to attribute paper hands to those who contribute donations, and to advertise the food drive to students at the entry points of the Marist dining hall.

## SGA to hold civility campaign on bullying prevention

By **MARIA MELFE**  
*Circle Contributor*

The Marist College Student Government Association (SGA) is planning to introduce a civility campaign, later in the semester, which targets bullying.

"We'll be focusing the campaign as a way of showing others that Marist is a family that loves and supports its own, no matter how different we are," Matthew Lubrano, student body president said. "We are looking

to plan an event one night to promote the idea of kindness and respect for all."

In preparation for the upcoming civility campaign, students can find more information on bullying prevention at <http://www.pacer.org>, the home of the National Center for Bullying Prevention. The website has a collection of information about bullying including how to spot it and how to prevent it from spreading. Students can sign the anti-bullying petition to join the fight

against bullying, and can send in individual ideas about bullying prevention to the organization, expressed through song, poetry, video or artwork.

For education majors who may want to investigate strategies on how to instill awareness in future classrooms, <http://www.pacer.org>'s partner websites, <http://www.pacerKidsAgainstBullying.org> and <http://www.PacerTeensAgainstBullying.org>, are helpful. These websites strive to encourage children,

teens and young adults to be active in their communities to put an end to bullying, one person at a time.





## THIS WEEK

Thursday, 10/21

No Events Posted

Friday, 10/22

### Lysistrata tickets on sale

\$3 with valid Marist ID  
Outside Champagnat  
12 p.m. - 3 p.m.  
Free Gyro with ticket purchase

### Men's soccer vs. Saint Peter's

7:00 p.m.  
Tenney Stadium  
Free admission

Saturday, 10/23

### Volleyball vs. Loyola MD

2 P.M.  
McCann Gymnasium  
Free admission

### Women's soccer vs. Siena

7 p.m.  
Tenney Stadium  
Free admission

Sunday, 10/24

### SPC Broadway Trip

Billy Elliott  
\$25 with valid Marist ID

Monday, 10/25

### Generator Magazine

General meeting  
SC 368  
9:30 p.m.

Tuesday, 10/26

No Events Posted

Wednesday, 10/27

No Events Posted



## Security Briefs Tire-slashing bandit roams campus

By CHRIS RAIA  
Staff Writer

In the security briefs article, the people are represented by two separate yet equally important groups: the students who get involved in stupid, drunken escapades, and the security guards who make sure everyone wakes up safely in the morning. These are their stories. Dum Dum. Executive Producer, Dick Wolf.

### 10/12 - Gartland Lot

Somebody went around the parking lot and slashed the tires of five different vehicles. Security never found the culprit. I wish there was some sort of advice I could pass on that would help you prevent this from happening to you. But unless you have invisible forcefields to put around your tires, I guess we just have to leave it up to chance. I'm sorry to everyone who had to buy new tires last week; let's hope we don't have any more of that.

### 10/13 - Champagnat

Two suspicious males snuck past a group of students at the entry desk and walked into the building. Guards could not find the two men, so they sent a description to the officer at the front desk. When the

### Letter from the Editor

Marist College has been active lately.

Students rushed home for the mid-semester break while alumni flocked back to Poughkeepsie en masse for the once-a-year opportunity they have to relive memories on their old stomping grounds.

Similarly, this issue of The Circle reflects all of the activity that's been occurring on campus.

Our sports section details the hectic beginning to the men's basketball season, an exciting opportunity

two males tried to exit, they were identified, and they started sprinting away. A foot chase, which I just assume was awesome to see live, ensued and one of the men was tackled near Marian, which was probably even more awesome to see live. It turned out that they were from Vassar and were visiting their friend. They probably should have just said that. You know, instead of sprinting away. Minus a lot of points from Vassar.

### 10/14 - Champagnat

On campus for a fire drill, Fairview firefighters saw that an extinguisher was missing. Then, they found an empty extinguisher with the foam (extinguisher fluid? I don't know the technical term) all over the floor. Don't do that. Ever. Security does not mess around with fire safety. No Points.

### 10/14 - Gartland

The RD was doing fire inspections and found a bong on the kitchen table. And several bottles of vodka. And a case of beer. And a bunch of empties. Oof... let's call it.. 40 points.

### 10/16 - Steel Plant

- In the morning, security spotted a blue Jeep completely wrapped in

plastic wrap. That's really funny. I've heard stories that if you do that on a hot day, the inside of the car could get really damaged, so I hope that didn't happen. Assuming it didn't, I'll say feel free to laugh.

### 10/16 - Route 9

Two students were walking home from Noah's, and they were stopped and assaulted by a group of Poughkeepsie locals. They were threatened and demanded to give up any cash they had on them. If the report is accurate and the following quote from the victim is true, I want to meet this kid, shake his hand and maybe buy him a drink. "If I had cash on me, I would have taken a cab." That is so badass. I wouldn't have been able to say anything. Honestly, I probably would have just peed my pants, cried and called it a night.

*Disclaimer: The Security Briefs are intended as satire and fully protected free speech under the First Amendment of the Constitution.*

Staatsburg, N.Y. Be sure to read our news section for a preview of the trip that they will take on Oct. 27.

The Marist women's soccer team will host "Kickin For A Cure" on Saturday, Oct. 23 when the Red Foxes host the Siena Saints. The Marist Athletics Department will donate all proceeds to the Miles of Hope Breast Cancer Foundation. Our writers will be there, will you? Be active. Happy reading!

Philip Terrigno  
Managing Editor

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# S.E.E.D. plans trip to raise environmental awareness

By MEGAN RUTKOWSKI  
Circle Contributor

On Wednesday Oct. 27 the Students Encouraging Environmental Dedication, or S.E.E.D., along with their program advisor Chris Bowser, will be leading a trip to the Norrie Point Environmental Center. The goal of this trip is for students to get hands-on experience seining the river to learn about fish native to the Hudson River.

According to New York State's Department of Environmental Conservation, "Norrie Point is a platform for hands-on, field-based school and public education programs, research, and training." Just a twenty-minute drive north of Marist College, this environmental center is located within the Mills-

Norrie State Park in Staatsburgh, Dutchess County.

Locally, Norrie Point serves as the headquarters for the Hudson River Research Reserve. The Environmental Center is situated directly on the Hudson River making it an attractive place for both educational and professional parties. Along with a research lab and weather station, the center also provides the public with classroom space and a multitude of exhibits. Highlights of the center include numerous displays on the Hudson River Estuary, free public programs and assortments of fish native to the Hudson River.

One of the free programs which this center provides on a regular basis is public seining. Seine fishing is a process that uses large weighted fishing nets called seines

to collect a variety of fish in one big sweep.

Ron Gelardi from the New York State Department of Environmental Conservation explains how the net works: "The idea is that the net makes sort of a scoop and it's got a lead line that runs along the bottom and as the fish see it approach, they swim up and get trapped in this scoop shape."

Students who decide to join S.E.E.D. on this trip will be required to wear chest-high waders and drag a large fishing net across a portion of the Hudson River. All equipment will be provided by Norrie Point.

According to their website, "S.E.E.D. exists to educate students and the Marist Community about global and local environmental con-

cerns." Not only do they work with local, national, and global organizations to make a difference, but their website also states that they encourage students to voice their own environmental concerns and take action.

So far this semester the club has helped recycle cardboard on freshmen move-in day, organized an apple-picking trip and sponsored an on-campus sustainability lecture. In upcoming events there is trip to the Bronx Zoo on Oct. 23, followed by a showing of the film *Food Inc.* on Nov. 16.

If any student is interested in joining S.E.E.D. on this trip or simply wants more information about the on-campus organization, they can e-mail the club at [www.Marist-SEED@gmail.com](mailto:www.Marist-SEED@gmail.com).

# Illegal file sharing habits bring consequences for students

By CAITLIN NOLAN  
Managing Editor

Thanks to the marvels of technology, file sharing has become a common occurrence that almost everyone is guilty of. With the click of a button, the newest songs and movies can be yours, but at what cost? On Marist College campus students who commit such an act can find themselves in serious trouble.

"File sharing by itself is not inherently a problem- you do it all the time," said A. Harry Williams, Marist College director of technology and systems. "It's not that there's been a download, but that you are making [files] available to others. The problem comes in when some things that have been created that have placed upon then a copyright [are downloaded and shared]."

While file sharing has always been an issue, guidelines were not specifically set until the passage of the Digital Millennium Copyright Act of 1998. This act criminalizes the production and distribution of copyrighted works.

"We register with the copyright office," Williams said. "If a copyright holder or their representatives find copyrighted material that we are offering for distribution that we do not have permits for, they will issue a takedown notice. If the school does not take action, Marist becomes liable."

Williams said the number of notices he receives on a regular basis varies, but Marist did not receive any notices from May 20 to Aug. 15 of this year.

"Typically the number one

claimant by the IRAA [International Registry of Artists and Artwork] is music," Williams said. "When they arrive, they arrive in bunches."

Once a notice is received, Marist will suspend a student's access from the network until they come to Resnet to have the copyrighted material removed from their computer.

"We understand students aren't always aware and not all education occurs in the classroom," Williams said. "The first time it happens, we clean up the computer, try to explain what happened and make sure they don't do it again. The second time, we're not as forgiving."

After the second offense, a student is removed from the Marist network and placed on network probation for one week. The one week probation does not start until after the computer is cleaned.

If a student is found file sharing a third time, the student will be removed from the Marist network and placed on network probation. After the computer is cleaned the student will be referred to the Office of Student Conduct for resolution.

Director of the Office of Student Conduct Christine Nadeau-Pupek said students are not often guilty of committing the same offense more than once, but are usually unaware they were file sharing in the first place.

"Students get it," Nadeau-Pupek said. "It's that they do something different every time. The first time they file share [could be] through music. Second time could be downloading a movie. Every time, it's different. I had a student in here a

couple weeks ago. He was the first of this semester. He let his friend hang out in his room when in class, and his friend downloaded a movie off a site and it showed up on his computer.

"This is where it gets risky. When you sign in to the library or anywhere else, it gives the person behind you free range. You may not have left anything personal up, but if they go to a privileged site under your name, it goes back to you. That's why I think it's great to educate people, because people don't realize."

Educational programs are available for anyone unsure of how you commit the offense. For any students that need help getting started in the beginning of the school year, Resnet is available in the library and is very lenient if they find questionable programs.

"We start during orientation by informing parents and students of the procedure," said Kathleen Labarbera, manager of Operations and Resnet. "If we find file sharing programs, we explain what will happen. It really does work. The problem is that any file sharing program is legal. It's the act of sharing copyrighted material."

While there has never been an instance where a student has been found file-sharing for a fourth time, Nadeau-Pupek has a compelling reason to keep it that way.

"There has never been a fourth time because I explain that if it happens again, you will lose all campus access," Nadeau-Pupek said. "If you don't have network access, you may as well just transfer.

You can't register for classes, get a parking permit, check your e-mail, check your financial aid, or e-mail a professor to say you're going to miss class. We are becoming more of a paperless campus, and you can't do [any of this] from home. So, you're just like a sitting duck."

There are legal methods of file sharing. iTunes' "Ping" makes music from nearby iTunes accounts available to be listened to, but not download, and once the nearby account is closed, so is access to those songs. While such a method does not grant ownership to the music files, it does come with the security in knowing that that no malicious programs will be downloaded.

"Yes, point blank, we can tell you you're sharing music," Williams said. "But what else are you sharing that you don't know about?"

Labarbera said: "We go in and get a song. We go to a list and pick and have no idea what is going on behind the scenes. People with the tiniest arm of knowledge can go in and get so much from you than you realize."

If there are programs or files that students wish to have removed from their computers, the IT Department will do so with no penalty.

"If someone has questions or concerns, they should feel free to contact Resnet," Williams said. "If someone wants us to take [programs] off, we will. It won't be used against them and that won't count as their one freebie."

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## 'Mean Girls' mantra spawns skimpy costumes

By JENNA GRANDE  
Circle Contributor

"In girl world, Halloween is the one night a year when a girl can dress like a total slut and no other girls can say anything about it."

Ah, the wise words of "Mean Girls." Though the movie is six years old, the iconic phrases, characters and lines have become a staple in American pop culture.

Though many of the scenes are all in good fun, they do raise interesting questions to ponder. For example, with Halloween rapidly approaching, does Cady's observation hold true?

Approaching my freshman year in college, those who had been to college already always warned me about what Halloween in college would entail: a weekend-long celebration requiring not one, but at least three costumes, in order to go out and have a good time. Taking this advice to heart, I began brainstorming the moment I saw Halloween costumes in the Poughkeepsie Galleria Mall.

Each day it was something new: I could be Katy Perry on Monday, and by Thursday I would impersonate a Greek goddess, only after declaring I was going to be an 80s aerobics teacher the previous day. I want to be something that flatters me and reflects my energy and persona.

Of course, the costumes available at the local Halloween supplies

store do not give me much to work with. Why? Because I am a little modest and self-conscious.

I hadn't paid much attention to it before, but I've come to the conclusion that girls' costumes have become a little more risqué. In high school, there were always multiples of each costume; six sailors, 10 Dallas Cowboy cheerleaders and eight military officials. Each one had a costume that exposed more than the previous one. I did some Facebook creeping on girls I used to go to high school with, who were vain enough to constantly take pictures of themselves in class with their friends and post them on Facebook. I am surprised they got away with so much in a high school setting. In high school, there were limits placed on our freedoms of speech, the press and to assembly. Apparently, freedom of expression remained and allowed these girls to dress like it was a club and not a high school.

I feel like a prude reacting in a manner that my grandma would approve of. I don't mean to judge, but back then it was a little puzzling to me that no one said anything to the girls who were wearing shorts exposing their posteriors.

This time, it's different. I'm in college. It's expected for girls to dress this way. How did it become socially acceptable to dress in a manner that can be viewed as too revealing?

I knew I was being prudish so I asked others about the "Mean Girls"



SAN DIEGO SHOOTER/FICKR.COM

In true "Mean Girls" style, girls from high school and college take pride in showing some skin when dressing up like school girls, nurses and firemen on Halloween.

proposition. Everyone agreed. Each girl said it wasn't a big deal because the point of Halloween was dressing up to be someone you aren't.

Most of the girls conceded that there should be a little decency when going out on nights other than Halloween because it's just too much and looks desperate.

Guys agree. When I walked into the lounge in Marian Hall, I asked the group of 10 boys what they thought of girls dressing up on Halloween. Freshman Marc Gaglioti worries about the poor girls who are foolish enough to cover up.

"A girl looks weird when she's not dressed up on Halloween like a slut! It stands out," Gaglioti said.

Another freshman, Joe Ricciardi, acknowledges the importance of

seizing the opportunity to dress up for Halloween.

"It's weird when a girl is wearing a costume on a non-costume holiday," Ricciardi said. "If you showed up to a bar dressed as Alice in Wonderland, I might think you're a little weird."

Freshman Vinny Caruso took a more non-discriminatory approach.

"A girl can dress like a slut anytime and I am totally okay with it," Caruso said. I heard a guy shout Amen in response. Wonderful.

So girls, go for it. Wear your skimpiest outfit and acknowledge that you will never wear anything remotely close to being this slutty again, until the next Halloween weekend.

**SCHOLARSHIPS ARE AVAILABLE TO ALL MARIST ALUMNI**

# MARIST

## GRADUATE OPEN HOUSE

**SATURDAY, OCTOBER 23**  
**DYSON CENTER, 10 A.M.**

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## Abroad student shares insights on culture and bulls



KATIE MEENA/THE CIRCLE

Study abroad offers education, as well as various cultural tradition experiences.

By KATIE MEENA  
Circle Contributor

Culture shock. Supposedly everyone experiences some degree of it. According to my Academic Program International handbook, culture shock is defined as “the set of emotions that accompany you as you completely change your lifestyle, surroundings, food, friends, etc.” It is also the process of shedding the false illusions you take with you to the host country.

From studying abroad in Seville, Spain, for about one month now, I honestly can say that I have experienced only a small degree of culture shock. The little things needed to be adjusted to, like learning my way around a new city, the size of my room, food and meal times (lunch is at 2 p.m. and dinner is not until 9 p.m.). There were times I got lost trying to find the mall or my way home (in the rain while wear-

ing a white shirt with no umbrella). There were also times when I yelled at my computer for the Internet being so slow – one night it took me four hours to watch one single episode of “Glee.”

Yet, none of these compare to the first time I was hit with actual cultural shock, when I went to a bullfight. I went into the bullfight being so excited to see what occurred behind the Plaza de Toros walls. I have been studying Spanish for a few years, so I knew the basics: matador, red fabric, running bull. The event started with music. It was intense and strong; I loved it. As the music played, all the matadors entered the ring followed by the bull. Little did I know that the bull had already been starved and beaten before entering the ring.

Once it enters the ring, a matador on a blinded horse stabs the bull to further weaken it. Then the matador continues to wear the bull out by having it run all over the place. As this occurs, other matadors stab the bull while it chases the red fabric. After this goes on for a few minutes, the matador finally stabs the bull, instantly killing it. If the bull is not killed instantly, the crowd becomes upset and may start to throw beer at the failed matador. The matador and the

bull “fight to the death” – either the matador dies or the bull dies. Once killed, the bull is dragged away by the horses and the whole process starts again. This takes place for a total of six bulls. To be completely honest, at times it was hard to watch. It was somewhat sad and difficult to hear the bull yelping as the matador attacked it. After sitting through two bulls being killed, I did not need to see anything more, so I got up and left.

Another major difference I have noticed while here is PDA – Public Displays of Affection. In the United States, PDA is somewhat conservative – there are certain things not meant for others to see, but Spaniards have no shame. As I walk across the river to the beautiful Universidad de Sevilla for class every day, it no longer surprises me to see a couple, gay or straight, just making out in the middle of the street. Later in the evening, it is no big deal to walk down a main street and see a woman straddling her man while passionately kissing him. Apparently, affection is nothing to hide or be ashamed of. Yet, a bit of a contradiction comes with dancing for Spaniards, in comparison to Americans.

SEE BULL FIGHTING, PAGE 6

## Fashionology supports student designers

By DAYNA VASILIK  
Circle Contributor

Marist College encourages all majors on campus to participate in showcasing their designs to be sold at Fashionology, the on-campus fashion boutique.

Senior Cara Holland said, “Lydia Biskup is not just the teacher of Fashionology, she is our boss, and we aren’t just the students, we are her employees.”

Biskup’s employees work as Fashionology’s buyers and reviewed student’s merchandise this past September. Here’s a sneak peek at some of the beautiful handmade accessories.

With inspiration to create a must-have luxurious item, Mackenzie Hirt put her talents to use by making headbands for Fashionology. The Fashion design major described her headbands as similar to those sold at Anthropologie or Urban Outfitters.

“The headbands I created are all going to be [sold at] a reasonable price compared to other fashion retailers, but still look high end and are of good quality,” Hirt said.

Hirt stressed how she wanted the headbands to be appealing to all styles and personalities. While some people might love the ladylike headbands with

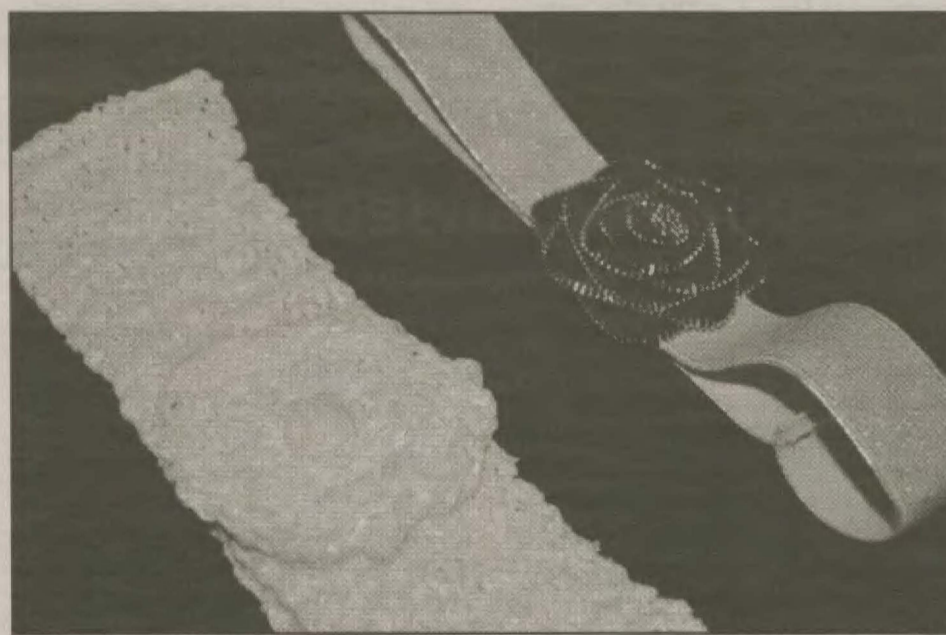
flowers, others may purchase an edgier headband with studs and zipper details. Hirt wanted each headband to have something unique and creative, whether it is zippers, flowers, beading, rhinestones, lace, gems or other embellishments.

“Now that the weather is getting colder, everyone could use one of the knitted headbands,” Hirt said.

With the exception of the knitted pieces, each headband is an original, so you don’t have to worry about being spotted wearing the same hair gear as the girl sitting next to you in class. These beautiful handmade hair accessories are a great way to update your look and stand out by wearing something that is different than everyone else. Each headband is innovative and the collection is limited, so make sure to come crown yourself an original before they sell out.

Fashionology reviewed items presented by all different majors. As Hirt was showing off her handmade jewelry, some would never realize that her major was political science with a photography minor.

Nora Berry also has a hidden talent. Ironically, Berry and Hirt are housemates. Berry’s tale of a newly discovered talent



DAYNA VASILIK/THE CIRCLE

Mackenzie Hirt, Nora Berry and other designers are eager to share their creations.

is just as rare as the accessories she will be selling at Fashionology.

“This past summer, my mom and I decided to travel cross-country to purchase unique gems, sterling silver, copper and other knick-knacks to craft rings and earrings,” Berry said. “Between traveling and the time spent on making the jewelry, it was a very time-consuming project.”

From ruby red rocks to sparkling silver stones, these earrings and rings were certainly not easy to make, and will

be hard to turn down. Berry said her journey was worthwhile because she not only spent quality time with her mother, but she was also impressed with how she could create such precious pieces. It was a learning and bonding experience that she now wants to share with everyone at Fashionology.

To get a look at the great handmade accessories, the grand opening will be on Thursday Oct. 28, in the Donnelly Hall Fashion Plaza.

# Freshman SGA members' first event a great success

By CASEY GALASSO  
Circle Contributor

It was clear that the five teens who made their way to the alcoves in the Student Center, armed with \$110 worth of hot coffee, five dozen doughnuts and boxes of munchkins on Tuesday, Oct. 12, were on a mission. What sort of mission, you may ask? Well none other than to serve their loyal followers, the ones that elected them Student Government Association (SGA) representatives in the first place--the freshman class.

Signs and a Facebook group promoting "Midterm Coffee Break" certainly got students talking the weekend leading up to the event. The goal was to provide a break from hectic midterm studying with the allure of coffee and doughnuts coordinated to

bring members of the freshman class together. What better way to get to know someone than to bond over shared stress and paranoia while drinking yourself into a caffeinated frenzy.

When the student government members showed up at the alcoves around 9:45 p.m. to begin setting up for the event, tired, stressed and hungry students were already waiting for their coffee, munchkins and chocolate-covered doughnuts. The event wrangled in about 100 members of the freshmen class, if not more.

Borrowing the idea from the upperclassmen at Marist, the freshmen class officers chose Dunkin Donuts as their vendor because they had heard of students going through Coolata withdrawal since starting the fall semester. With freshmen not being allowed to have cars on campus, limiting their access to Dunkin', the SGA

officers decided to come to the rescue.

Overall, the first freshmen class SGA event turned out to be a huge success. With only a \$400 budget and a requirement to host four events this semester, the team seems to be doing a good job allocating their funds and are already working on putting together three more exciting events before students leave for winter break in December. The freshmen representatives already seem to be accomplishing what they claimed to be their main goal; as Historian Hilary Wiggins said, "creating a community-type feel where everyone feels welcome and supported."

"I'm so happy I decided to go to Midterm Coffee Break," said Lexi Mendyck, a student who attended the event. "The coffee and doughnuts were the perfect pick-me-up, and got me through my final

hours of studying for bio. I was impressed with the freshmen class SGA and I'm really looking forward to seeing what else they're going to be doing this year. Hopefully all of their events have food that good."

The night wrapped up around 10:30 p.m., when the remaining freshmen clad in their slippers and flannel pants, bounded back to their dorms to finish any last minute studying before the Box O' Joe high wore off.

By the success of the event, it's safe to say the freshmen class learned a very valuable lesson from Midterm Coffee Break: Marist Runs on Dunkin. If you have any suggestions for future events or questions for the SGA officers, they are: President: Debrah Akinwunmi, Vice President: Dillon Orr, Treasurer: Alexandra Makowski, Secretary: Olivia Waters, Historian: Hilary Wiggins.

From Page 5

## Bull fighting, late meals, public affection and culture shock

Walk into Hatters and you will see couples grinding and dirty dancing in their own sweat. Walk into any discoteca in Seville and you will see a substantial amount of space between dance partners. Yes, there may be hand holding and cou-

ples getting into the music, but according to Spaniards, if you dance the way we Americans do with any other person, it gives off the idea that you are going home to their bed.

Although I feel like I have been away for a long time, it has

only been one month. Within this month I have altered my lifestyle and adapted to that of the Spaniards and Europeans. I have also had the opportunity to travel to Portugal and witness their lifestyle. I know the next two months that I am studying

abroad in Spain will only be filled with more adapting and learning – academically and culturally. This is an opportunity for me to learn from and live from.

## Psyched for psych research

By MAGGIE WHEELER  
Circle Contributor

The Psychology Club will hold its annual Psychology Undergraduate Research Conference (PURC) the morning of Dec. 1 in the McCann Athletic Center. This conference brings together Marist psychology students and Poughkeepsie High School students to present findings from their psychology studies.

Marist students will showcase the research that they have conducted on studies that, in the past, have ranged from memory, to love and to criminal justice.

"Every year the students present research and when there are statistically significant findings, they can get it published," said Erika Thiel, president of the Marist Psychology Club.

This event is typically attended by 30 to 35 Poughkeepsie High School students. The high school students with the highest quality research, will also present their results.

In addition to the student projects, three to five guest speakers lecture on topics related to the theme of the conference, such as the psychology of love or the psychology of the mind of a psychopath.

Elizabeth Quinn, associate professor of psychology at Marist, helps Kristin Janschewicz, Psychology Club advisor, and Thiel in choosing the topics for both the guest speakers and Marist students to research and present.

Erik Moody, Psychology Club advisor, said that the most important thing that PURC can do for high

school and college students is to make the conference less intimidating.

"For many students, the idea of a professional conference can seem overwhelming," Moody said. "The fact is that conferences across disciplines provide an opportunity to socialize and trade ideas in an informal setting. Conferences can be a lot of fun."

Moody said that his favorite aspect of PURC is the poster session, in which Marist students present their research projects in a poster format. These projects are often conducted in collaboration with a faculty member.

"In one project that I specifically recall from last year's conference, a student presented data showing that horse riding therapy was significantly beneficial for children struggling with developmental disabilities. [This was] important work with real world application," Moody said.

Thiel thinks that the turnout will be high this year because there are about 50 more students in the psychology club this semester than last semester, and also because they are beginning to advertise for the event now. Thiel is in her second semester as president of the psychology club and said that PURC is one of the most fun things that psychology majors can do.

The psychology club meets the second Monday of every month in Dyson 231 at 9:30 p.m. Information about upcoming events can be found on the psychology club website at <http://clubs.marist.edu/psychology/>.

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donate \$1 to \$5 and be eligible to win a blow dryer and flat iron combo  
worth \$125.00!

## 'Lysistrata' spreads peace in ancient Greece

By RACHAEL SHOCKEY  
Staff Writer

This weekend, Marist College Council on Theatre Arts (MCCTA) will be performing Aristophanes' Greek comedy "Lysistrata," directed by Jim Steinmeyer and produced by professor Matt Andrews. The show will run from Thursday to Saturday at 8:00 p.m., and Sunday at 2:00 p.m., in the Nelly Goletti.

MCCTA members have found "Lysistrata" refreshing amidst the more modern plays they've chosen in the past. It also appeals to a demographic that loves sex jokes.

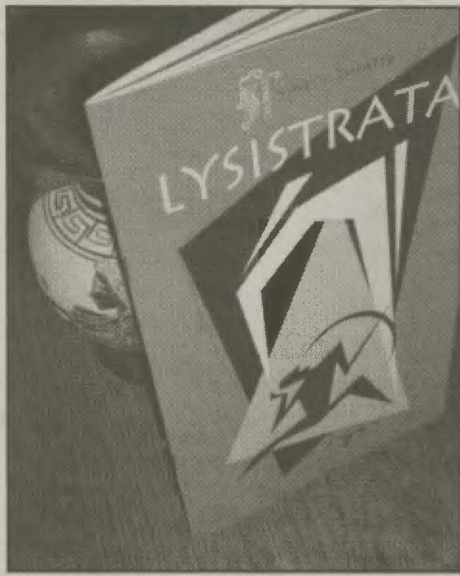
"I actually have the privilege of wearing a dildo [in the play]," says junior TJ Riordan, who will play a member of the men's chorus and an Athenian delegate. Fraught with innuendos, battles of the sexes and insatiable erections, this play is, as described by Steinmeyer, "kind of perfect for a college campus."

"Let's face it," Steinmeyer said, "we do like to laugh at sexual misadventures."

He mentioned that his young granddaughters are generally invited to all of his productions, but he's told them they'll have to sit this one out due to its mature content.

Steinmeyer, a Marist alumnus, returned to the Marist theatre program in fall 2009, after directing a number of plays in the Rochester area. He has directed mostly Shakespearean and period pieces; this is his first Greek play. He's enjoyed exploring theatrical features characteristic of Greek drama, particularly the presence of a Greek chorus.

"The chorus is an interesting element, because it reinforces certain



KEVIN H. / FLICKR.COM  
MCCTA brings "Lysistrata," written by ancient Greek playwright Aristophanes, to the Nelly Goletti Theater this week.

things. It makes Aristophanes' points much clearer, and becomes the voice of the audience," he said. When asked what the coolest part about "Lysistrata" is, Steinmeyer said, "The outlandish premise...but it's an outlandish premise in support of a very noble idea."

Long before there was celibate Lady Gaga touting sex free is the way to be, there was Lysistrata, a strong-willed heroine of Ancient Greece. Stuck in the long-winded Peloponnesian War, she and the other women of Athens are fed up with their homeland being in a state of trauma and disarray. Lysistrata proposes to these women to take it upon themselves to convince their husbands to make peace and end the war, by withholding sex from them until they agree to do so.

The cast and crew are not all in agreement on whether or not Lysistrata should be called a feminist, but they unanimously believe that

she is empowering to women. "She has balls. Maybe she's not a feminist, but she's strong-willed," said freshman Emma Dambach, who will play Lysistrata's friend Calonice. Senior Hilary Sterling, who will play the leading lady, admires Lysistrata's comfort with her sexuality and femininity.

"She uses feminine wiles to manipulate, in order to get what [she] wants," Sterling said.

Steinmeyer wholeheartedly calls the play's heroine a "feminist ahead of her time."

"She reminds me very much of Shakespearean characters like Rosalind from 'As You Like It,' Kate from 'Taming of the Shrew'...and even Juliet...Lysistrata is in that mold."

Some of the performers expressed that they were intimidated by the premise of the play when they first heard about it, but have really come to love it since then.

"I was reluctant to try out," Emily Callahan, a junior who will play the head of the female chorus, said. "But I was sold when I went to auditions."

Costume-wise, there is traditionally a lot of nudity featured in "Lysistrata." MCCTA has adapted this with togas that Steinmeyer describes as "less Animal House and more stylized."

"Men's chorus goes shirt-off," Riordan said. The women's costumes, Callahan said, are "like a toga version of the Marist College going-out dress."

On Friday, Oct. 22, cast members will be promoting the play in front of Champagnat. They will be doing some mini-performances and handing out free gyros with the purchase of tickets to the show.



By RYAN RIVARD  
A&E Editor

**Panda Bear "You Can Count on Me" & "Alsatian Darn"** – In an effort to ignite hype for Panda Bear's upcoming album, "Tomboy" (out at the end of 2010), the Animal Collective member is releasing limited edition 7-inch vinyl singles. The second 7-inch features "You Can Count on Me," a short burst of jungle gospel. The watery guitars swirl to create a luscious textual collage as the backbone of the hymn. The b-side, "Alsatian Darn," is hypnotic yet hooky. The song embodies two extremes of the season: the sugary sweets of Halloween and the harrowing creak of old floorboards in a haunted house. The combination is seamless and seductively satisfying.

**Kanye West "Take One For the Team" f/ Keri Hilson, Pusha T & Cyhi the Prince** – Kanye West takes another one for the team by releasing yet another edgy, exciting and refreshing piece of music for free. West, still sounding lightyears ahead of everyone else in the music industry, bases the track around a distorted beat box sample and a M.I.A. woo-sample. Keri Hilson makes her first G.O.O.D. Friday appearance, complete with an in-track introduction from Mr. West. It's no surprise West and Hilson create studio magic since they won a Grammy last year for Best Rap/Sung Collaboration for Hilson's "Knock You Down," also featuring Ne-Yo.

**Rihanna "What's My Name?" f/ Drake** – Rihanna's latest single from "Loud" (out Nov. 2) swaggers with island spice from the good girl gone not so nice. The track is pure arena pop: larger-than-life vocals, grandiose beats and towering synths. The song is more passive than her attention-grabbing singles like "Umbrella" and "Disturbia." As a result, there's an unsettling desire for more, but that's not necessarily a bad thing.

**Saul Williams "Explain My Heart"** – Saul Williams has awakened from his musical slumber. The slam poet slash musician slash rapper has erupted with "Explain My Heart," the rambunctious comeback track, grabs you by the ears and thrusts you with tribal fury. All the distinguishable elements of a Saul Williams track are here: authentic passion, poetic lyrics and an alternatively hip take on hip-hop. "Explain My Heart" is available for free via the web address: sw.d1s.fr. The song appears to be part of a larger collection called "Volcanic Sunlight." The music world is a better place with Saul Williams no longer dormant.

## Marist Singers brings 'Night on Broadway' for a day



DAVID @ INTERNOSPOTO.COM / FLICKR.COM

The sounds of Broadway will be brought to campus by Marist Singers on Oct. 30.

By JIMMY SEARCH  
Circle Contributor

The Marist College Singers, including the chamber and chapel choir, are ready to perform their annual "Night on Broadway" charity show for the Equity Fights AIDS Foundation on Oct. 30 in the Nelly Goletti Theater. The first performance will begin

**"Our profits for the first year were great, but each year it keeps getting bigger and bigger," Williams said.**

at 2 p.m., followed by another at 7 p.m. For public admission to the event, tickets are being sold for \$15, \$10 for faculty and staff and \$5 for senior citizens and

students.

The singers' advisor, Sarah Williams, oversees an assortment of ensembles that consist of around 140 students. Williams is excited about this year's performance and for all of her students who will be singing solos-some for the first time.

"Finding a solo for as many students as I can is one of the more difficult tasks that I am presented with," Williams said. Williams also stated that she is excited about the funds that the performance will raise for the Equity Fights AIDS foundation.

"Our profits for the first year were great, but each year it keeps getting bigger and bigger," Williams said.

The money raised at "Night on Broadway" goes to help find the cure for AIDS and to the Hudson Valley's Equity foundation to help local performers.

## Melt your stress away with meditation

By GAIL GOLDSMITH  
Web Editor

In college, our attention spans and schedules are segmented by responsibility, stress and technology. Refresh yourself by going off the grid and exploring meditation, a contemplative practice prominent in Buddhism.

Meditation is the act of withdrawing, emotionally and physically, from pressure and routine. One must also remain receptive to the experience of suspending thought, interactions, and anxiety for the feeling of calm introspection.

Sitting, or Zazen, is a common form of meditational practice. The Burmese posture is the simplest: sit with your legs crossed, arms relaxed, hands together and fingers loosely interlaced. Extend up through your spine to straighten your posture. Start by counting your breaths, and then relax further into your conscious. When your mind wanders, start back at one, counting your breaths. The first time may be frustrating; the posture and concentration are tricky to

maintain.

"While it's tempting to say that practicing meditation was 'culture a la carte,' it really should be viewed as a gateway into exploring a culture further and realizing there is more to it than just meditation," said Jonathan Porras, a junior at Marist, who has been to Vassar to meditate with the Buddhist Sangha, a group of Buddhist practitioners.

"I know having gone to Japan this past spring and seeing Buddhist temples and hearing their stories, it is a very deep and rich culture that many should explore. Meditation could be considered the first step to exploring it," Porras said.

In secular or personal meditation, there is not just one way to experience the benefits.

"It's important to carve out a sacred space for yourself, but it doesn't have to be while sitting still," religious studies professor Dr. Karen Scialabba said. "For some people it could be running or extreme sports. Meditation is about living with tensions and questions. It's so easy to get distracted by technology, quick fixes, and trying to cheer ourselves up."

For many students, college is a time to seek new experiences, explore what is meaningful to them, and make lifestyle choices in a context different than the ones in which they grew up.

Nathan Holton, a Vassar student meditating with the Buddhist Sangha for the first time, sought out the opportunity for solace. "I'm sort of on a quest to find true happiness; I had a rough year last year. When my friend suggested I try meditation, it seemed like a natural next step."

Contemplative spiritual techniques, such as meditation and yoga, have been on the rise with Christians – particularly Catholics – and people who are "spiritual but not religious" because personal practices subvert the religious hierarchy and level the playing field,

allowing for more personal interpretation. Dr. Scialabba explained.

With patience and an open mind, meditation could be your best friend for a study break, a way to relax and unwind, or the beginning of a spiritual search.

Interested in meditation? Seek out these offerings

1. Marist's Our Lady of Wisdom Chapel has an Interfaith Room, a space designed for quiet and reflection.

2. Campus Ministry offers Taize field trips throughout the year. Taize is a Catholic style of contemplative prayer involving chants and song. Contact Marist Campus Ministry in Byrne House at 845-575-2275.

3. The Health and Wellness Center's Wellness Wednesdays is offering a meditation program, Be Here Now: Mindfulness Meditation, on Nov. 17 in the PAR, from 6 p.m. to 7 p.m.

4. The Vassar Buddhist Sangha meditates Tuesday morning at 8:30 and Thursday evening at 8:30 in the Thompson Library.

5. Dharma Punx, a non-traditional peer-led group, meets for meditation on Wednesday evenings at the Mudita Yoga Center in Kingston.

6. Zen Mountain Monastery in Mount Tremper, NY hosts open meditation on Wednesday evenings. Call ahead to let them know you will be coming, or to ask about other offerings: 845-688-2228. ZMM is a 45-minute drive away.

## Style Sightings

By DAYNA VASILIK  
Staff Writer



DAYNA VASILIK/THE CIRCLE

This week's spotlight with last issue's fashionista, Lauren Fitzpatrick.

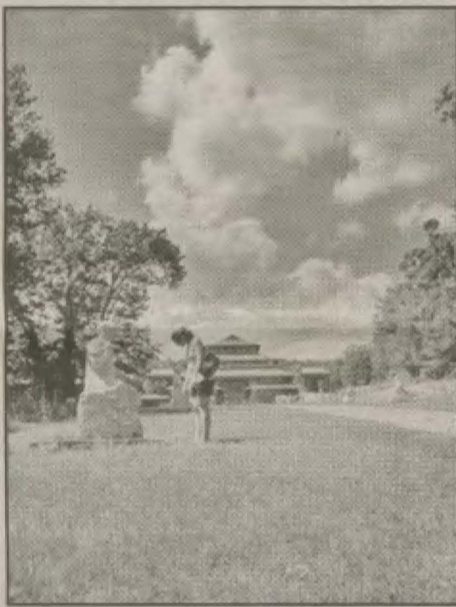
I bumped into junior Colin Rochstein, a likable, hip, history major. Rochstein was happy to wake up to a beautiful Monday morning, considering all the rain we have had. But now, instead of being drenched by the rain, he explained how he is drowning in homework. Regardless of the stress, Rochstein strutted in black Levi jeans, an Alfani black jacket, an Urban Outfitters button down shirt, Stacy Adam boots and white Ray Ban sunglasses to pull it all together.

His tips and tricks:

1. Consider the weather that day; nothing is worse than leaving the house wishing you wore a jacket or long sleeve shirt.

2. Wear what you want; don't worry about others' opinions and judgments.

3. It's important to know when you have to dress appropriately, where it be for an interview, presentation, work, or for class. You never want to be too formal or too dressed down.



ROBIN MINITER/THE CIRCLE

Junior Laura Formanek gets her zen on.

## Sexual Healing: A look at the lusting-for-leather lifestyle

By RACHAEL SHOCKEY  
Staff Writer

In the spirit of the Halloween season, it's time to shed light on a kind of sex that evokes plenty of fear within those who don't know a whole lot about it; sex that goes bump in the night; sex whose fans bring to the bedroom the attire worn to The Chance on Halloween; sex that channels the energy of Maggie Gyllenhaal and James Spader in the 2002 film "Secretary": BDSM. If you're into BDSM, you may not even know it yet, considering that mainstream society doesn't exactly celebrate it. Most parents aren't going to mount a pair of nipple clamps on the fridge in your honor like they do with your report card. We take the term "hush-hush" to a whole new level when it comes to kink and leather.

Prior to researching, I didn't even know what the acronym "BDSM" stands for. Commonly referred to as just SM, sadomasochism or sadism and masochism, the BDSM title encompasses a population of people who derive sexual pleasure by inflicting or receiving physical pain and/or domination (the BD stands for bondage and domination). It can involve the use of props – often leather,

whips, chains, hot wax, clamps and other restraints.

Fundamentally, as put by published clinical sexologist Gloria Brame, BDSM play includes "dozens [of] kinks and fetishes that involve one person being in control and the other person surrendering control. Within a BDSM couple, there is typically one submissive person and one dominant person – one person gets off sexually by submitting themselves to their partner's domination, and vice versa.

The fact that this kind of sex is consensual goes unacknowledged by many people outside the realm of leather lasciviousness, and this is the controversy. Since BDSM can involve mimicking acts of real violence or abuse, people frequently find this alternative kind of sex offensive, equating it to real abuse and an unhealthy imbalance of power in a relationship. In turn, those who practice BDSM are offended by this mentality.

"BDSMers are as romantic, loving, and committed to relationships as anyone else. But instead of finding a kiss romantic, they may find wearing someone's collar to be romantic. Or a spanking may excite them more than conventional foreplay," writes Brame,

who practices BDSM herself, in an overview on BDSM from her website.

A notable segment from the mission statement of the National Leather Association (yes, you read that correctly; this subculture isn't as miniscule as one might imagine) expresses that the organization exists "To role model the power and pride of all adults who engage in safe, sane and consensual sexual expression and encourage those who fight for decriminalization of all sexual acts between consenting adults."

**Most parents aren't going to mount a pair of nipple clamps on the fridge in your honor like they do with your report card. We take the term "hush-hush" to a whole new level when it comes to kink and leather.**

The BDSM population works hard to distinguish itself from abusers and other criminals in the eyes of others. The NLA has even established its own Domestic Violence Campaign, in which members work to offer services and resources to victims of domestic violence.

Intolerance of BDSM play has led to the concealment of its rich history in human sexuality. Lesley Hall, an archivist for the London-based Wellcome Library, cites a number of instances of early forms of BDSM play throughout world history, including the erotic Indian text "Kamasutra," describing how the text endorsed "recommendations for the use of scratching, biting and slapping...as ritualized concomitants of eroticism."

Today, the BDSM population is growing and thriving. In addition to the National Leather Association, there is Folsom Street Events, a BDSM organization that celebrates the subculture, and provides those interested with support, resources and props. Every September, they hold Folsom Street Fair in San Francisco, in which participants can come decked out in their leather and bondage (they may also come naked), stock up on supplies and celebrate BDSM with comrades. Folsom's and Gloria Brame's websites are both wonderful, pressure-free resources to explore if you're feeling adventurous.



# Be bewitching and safe this Halloween

By DAYNA VASILIK  
Staff Writer

## Dress to Thrill

From a skimpy nurse to a naughty school girl, the prices of Halloween costumes are something to scream about. If being a beautiful butterfly costs \$65, then perhaps you should think twice before making the expensive purchase. Not only are these costumes pricey, but they rarely fit correctly (unless you're Holly Madison, of course). After I received my order of a sailor costume last year, I was left with the advice of my friends to use "chicken cutlets."

Anyway, I realized you are better off looking through your own closet, old costumes, and your friends' and family's clothing to create fitting and flattering pieces. This past break I cut up an old dance costume from when I was 10 years old and had my own little Project Runway going on in my room. Although it is still a work in progress, I know the outfit will fit the way I like it – no chickens necessary. My housemate, Jackie Dubicki said, "I decided to cut up my high school prom dress because I will probably never wear it again and I might as well get more use out of it!" If you don't have anything in your closet, you can al-

ways try cheap stores such as Wet Seal or Mandee to make your outfit work.

While chatting with freshman Erika Vizary, I asked her what she is going to be for Halloween this year. Although she wasn't sure yet, she made a good point by saying, "It's always a better night wearing something that fits right." To save yourself from carving a hole in your wallet, buy only separate, necessary items for a costume. Purchase the accessories to put your outfit together, such as the head gear, stockings, jewelry, mask and other little things to spruce up your look.

Although you may want to show as much skin as possible, you don't want to freeze; unless you're dressing up as a werewolf, you probably don't want to make unattractive howling sounds while waiting in the long line at the club. To prevent yourself from groaning in pain, wear a cheap sweater or jacket that matches your costume, one that you don't care about shoving in your bag once you get in or tossing on the side. Lastly, beware of a full moon...in other words, don't be caught dead without undies or booty shorts!

## Get Killer Skin

When we were younger, we used to binge on all the chocolates and sweets. Now that we're older, some girls have fallen vic-

tim to "binge tanning." Isn't it funny how tanning salons will try to trick us into purchasing packages by promoting the treat of discounts during this time of year? They will try to suck you in – only these vampires appear to be much more orange than the ones I see on television. I can't believe I used to lie in those eerie booths that resemble coffins. Don't fall under the spell of believing you have to be abnormally tan for Halloween!

The cost of a tanning package is still expensive regardless of the discount given, and the damage we are doing to our skin is not worth the one week of feeling like a bronzed babe in our Halloween get-up.

According to the American Academy of Dermatology Association, the risk of melanoma is 75 percent higher among people who used tanning beds in their teens and 20s. According to the American Cancer Society, nearly 69,000 new cases of melanoma were diagnosed last year, with more than 8,600 people dying of the disease," a CBS News reporter said.

These spooky tanning booths bring you just one step closer to the graveyard. However, if you still want to glow without being frightened by the tomb-like tanning beds or the risks that come along with them, there are other

beauty options. Sally Hansen Airbrush Sun Especially for Body is the perfect way to turn heads without burning your own. The product is called "a tanning salon in a can," and lasts up to seven days. Not only is this 60-second tanning easy and stain-free, but it also contains vitamins and retinol that makes your skin glow. In addition, this product is also streak-free, so you don't have to worry about looking like an orange jack-o-lantern. Save yourself the horror of blowing your money at tanning salons and give yourself a treat this Halloween with a sensible healthy glow available at your local CVS!

## Beware of Monsters

Since it may be your first All Hallow's Eve here at Marist, you not only want to avoid being that girl who looks like a zombie carried out of The Chance, but you also want to be safe. Look out for boogiemens. The clubs are extremely crowded (even with Poughkeepsie locals), making it is easy for someone to sprinkle an evil spell into your potion. Be smart and never put your drink down, and of course watch who is buying you a drink. Your best bet is to go out with a group of friends that you trust won't leave you or let you do anything you may regret. As always, have fun and stay safe!

# The right running shoes for Hudson Valley running routes

By SHANNON FARRELL  
Circle Contributor

There is nothing like running through the red and brown leaves as they crunch beneath your sneakers, especially while the sunset glows in the distance. That perfect smell of apple cider drifts through the air. Fall in the Hudson Valley is an impeccable time to run; the air is crisp and the sights along the Hudson River are more breathtaking than ever.

As an avid runner, I can attest to the fact that the running equipment market has gotten pretty overwhelming. With so many options to choose from – even as a seasoned runner – where do you begin? Well, with your footwear of course. First of all, keep in mind that there is no perfect shoe; you have to find one that fits you and your running needs. I've narrowed it down to some key items to look for this season, whether you're running on the road or trails, want full support or

none at all.

## Mid-Hudson Bridge

The view from the Mid-Hudson Bridge is absolutely magnificent (and this is coming from a girl who is afraid of heights). Running on roads puts a lot of pressure on your feet. Finding a shoe with support for your specific foot type is essential. Brooks Adrenaline ASR7 is a good fit for those with a low arch. Mizuno's Wave Ascend 5 is compatible for a runner with a normal arch, while also providing extra traction. The Reebok Aztrek 2 is an option for those with higher arches, as it offers both cushioning and stability.

## FDR Trails

The trails behind the FDR Mansion are a great place to run. Running with not a person in sight, you almost forget that the grungy streets of Poughkeepsie are so near.

Though you may be absorbed in the escape from research papers and lab reports, keep in mind that the terrain can get a little dangerous. Because these trails are covered with rocks, wet leaves and fallen branches, a trail shoe is a smart option. The Salomon S-LAB 3XT Wings provide that extra protection through its welded overlays that secure the foot and prevent it from sliding within the shoe. The shoe also reduces blisters because it is made with very few seams.

## Vanderbilt Gardens

Vanderbilt Mansion has beautiful acres of land consisting of both trails and grass fields. The grass fields around the mansion are great for a run with less stress on the legs. For a little less support, FiveFingers by Vibram has won over the running crowd. I spotted first spotted on the East River walkway in New York this summer, and ever since I have seen them everywhere

– from the feet of actor Matthew McConaughey to marathoner Patrick Sweeney. Weighing only 5.7 oz., the shoes are very lightweight and carry little support. The shoes give the runner an extra bounce as she or he runs off the arch.

## Barefoot Running?

The first runners were barefoot. Today, professional athletes and experts such as Christopher McDougall, author of "Born to Run", claim that the best way to adjust your running form is barefoot. However, feet need the added support once in a while, so don't go throwing away those kicks. Poughkeepsie may not be the best place to test out barefoot running. I personally favor wet sand and splashing waves, but some soft grass may do the trick. You just have to test it out before those flakes start falling.

## WIN \$500

By creating a 2-5 minute YouTube video for our company. If we use it, you win \$500. E-mail [jeff@manageyournews.com](mailto:jeff@manageyournews.com) for more info.

# Foxes look to build around added size in 2010

By PHILIP TERRIGNO  
Managing Editor

Starting every single game and playing 30 minutes per contest wore on 6-foot-nine-inches Korey Bauer, the biggest body on last season's 1-29 Marist men's basketball squad.

Since the Red Foxes didn't feature an additional true post presence, practice designs became limited and the sessions were shortened in length.

"We limited the practices and did not go the full two hours," head coach Chuck Martin said. "It wasn't as physical because you're constantly thinking, 'Oh man, if Korey goes down, we literally do not have a center.' Our practices were not as intense and we didn't do as much because we were trying to be conservative."

In 2010-2011, there will be no such issue.

Marist's refreshed roster that features added size opened up its season with a three-hour practice on Friday, Oct. 15. The team worked on transition drills with a focus on its offense and breaking down into a zone defense.

All 13 scholarship players had been working in small group sessions with the coaching staff prior to coming together.

"Now, we really get to see just where we are," point guard Devin Price said. "When you have the whole team together, and you're feeding off everyone's energy, everyone is buying into the goals that we want to accomplish together."

6-foot-9-inches Adam Kemp, 6-foot-10-inches Pieter Prinsloo and 6-foot-5-inches Jay Bowie comprise



RYAN HUTTON/THE CIRCLE

The Marist men's basketball team is coming off of a disappointing 2-19 season. The 2010-11 season will open up with a road game at Villanova on Nov. 16.

Marist's freshmen class.

Prinsloo, a native of Johannesburg, South Africa, and Bowie, a wing forward, both participated in Friday's practice.

"Pieter and Jay had great energy for their first official college practice and they were energetic," Price said. "They were competitive and they were speaking. That's something I didn't have for my first practice. It's good to see that they are comfortable and they're off to a good start."

Kemp, who attended high school at the Winchendon School in Massachusetts, is currently sidelined with a lower leg injury and will be cleared to playing beginning in December.

"Adam has a good confidence and he knows how he can change a game with his rebounding and shot blocking," Price said. "His offensive

game will come, but you can't teach effort and he may be one of the hardest working players."

Martin will be able to insert two forwards that redshirted as freshmen last season, Menelik Watson and Anell Alexis, into practice to help implement new wrinkles into the team's offensive and defensive schemes.

"We've got to figure out how to play with big guys because we've had a smaller team," Martin said. "I want to go up and down, push the ball hard and try to hit the three if its open in transition. Now we have to take advantage of this new offensive size."

Watson, who is listed as 6-foot-8-inches, 270-pounds, played on the Great Britain Under 20 national team and the Michael Jordan All-star select team.

"[Watson] is a physical presence and he's arguably one of the bigger guys in the league," Martin said. "I expect him to be a defensive presence, rebounding on both ends. Since I've been here, I've never had a low-post threat. I think we can get the ball to him and he can score."

Bauer and fifth-year player Dejuan Goodwin are the only seniors on a roster in which 10 of the 13 scholarship players are underclassmen.

"You always look to your seniors, and I've got two that I inherited from the previous [coaching] staff," Martin said. "This is their fourth and fifth collegiate season, and you look towards them to give you some leadership."

Diving right into its practice schedule, Marist held two-a-day practice sessions during the weekend of Oct. 16 and 17 and the first week of practice will culminate with a red and white scrimmage on Saturday, Oct. 26.

"I certainly think that this is a team that can definitely improve," Martin said. "I think that this core group will make things really exciting in the McCann Center over the next three, four years. I don't know at what point, but at some point in their careers, they are going to make a run at the MAAC championship."

Marist's first game is a televised contest on Nov. 16 at Villanova.

"We're just focused on our own stuff. We're not concerned with all of that T.V. stuff, we're just taking one step at a time," Bauer said. "[Our] emphasis was is on getting better, that's our goal right now."

## Foxes own first place after victory over Canisius

By MIKE WALSH  
Staff Writer

When the lights of Leonidoff Field get switched on this Saturday night, they will be shedding light on much more than an intercollegiate soccer match.

The girls of Marist Soccer will jog onto the field in their glossy red and white jerseys to face off with the school's biggest rival Siena, a team that was nationally ranked before dropping two matches this past weekend. However, most if not all of that will be taking a backseat to the large "Kickin' for a Cure" signs brought by the Miles of Hope Breast Cancer Foundation.

On the night of their biggest game of the season, Marist will share the field not only with the Saints of Loudonville, but also with a group of breast cancer survivors. The starting 11 won't take the field alone Saturday, as each member will be joined by a cancer survivor. If you know someone who should be honored during this ceremony, contact Frank Lombardy: Frank.Lombardy@marist.edu.

With Siena's losses to Canisius and Niagara, they fell to 4-2 in their conference and 13-2 overall. Marist (9-7, 5-1) claimed sole possession of first place in the MAAC with their 3-1 victory over Canisius Sunday.

The win came after the Red Foxes dropped their first conference match of the season in a 1-0 pitch against Niagara Friday night.

"It was definitely encouraging to hear they had a rough time and aren't cruising through the conference anymore," senior captain Lauren Tillotson said. "We know they'll have extra fire Saturday knowing that they can't lose another game."

Marist was held scoreless through a game and a half of soccer last weekend before breaking through with three markers in the second half at Canisius. After outshooting Niagara 20-8 in the game, the team tried not to get discouraged after being shut out.

"It was definitely frustrating, but with any loss you have to take the positives out of it," Tillotson said. "We learned to lose in the MAAC which is a valuable experience."

Marist finally broke out of the drought thanks to sophomore Jaclynn Sabia, who broke the 0-0 deadlock with an early second-half goal. Two minutes into the half, Sabia launched a shot into the upper left corner of the net. After that, the floodgates opened and junior Kathryn Harris tallied her first score of the season.

In the 88th minute, sophomore Jackie Frey beat three defenders but had her shot blocked by the keeper. Luckily, Sabia was there to

hammer home the rebound for her second score of the day.

Sabia now has five goals on the season, giving her 11 in her young career.

"Jackie is a very talented player with great skill and ability," Tillotson said. "She is realizing now that she can break down defenders and put the ball in the back of the net."

The win was necessary for momentum heading into the big weekend matchup with Siena.

"Everyone is looking forward to Saturday," Tillotson said. "With Siena being a big rival, we are putting in extra work to promote the game."

"We need to have a lot of teamwork and focus this week to get ready and realize the importance of this game," Sabia said.

Siena's team will match up well with the girls in red this season as they bring finesse and skill to Poughkeepsie. Siena features a few crafty forwards like Ashleigh Barone, who has 20 points on the season. She is flanked by Tabitha Tice and Brittany Pfaff who have seven and eight goals this year, respectively. The Siena net minders split time fairly equally, but expect to see junior Laura Ettinger in net Saturday looking for her eighth win.

Marist will counter with the offensive push of Sabia, along with rapidly improving freshmen Rycke

Guiney and Samantha Panzner. The defense of the Red Foxes will be tested by Siena's high scoring attack but should be game to the task as senior keeper Jaimie Balzarini and company have allowed only three goals in their six MAAC games.

Sabia looks at Siena's recent woes as a good sign for Marist.

"Now we know we can definitely beat them," she said. "We feel we have an advantage since they are slumping."

The girls have been out and about putting up signs advertising this big event and have also been receiving donations in the form of gift certificates to local businesses that will be raffled off Saturday night. Coach Steve Davis has his girls expecting over a thousand fans in attendance Saturday night at 7:00pm.

"It's great when our home field actually feels like home," Tillotson said. "We appreciate all the support we get and it's going to be an exciting game."

Sabia has now experienced the rivalry for a full year and hopes that this game will "show the whole team and school just how competitive the matchups with Siena are." After Siena's recent troubles, the sophomore standout can smell blood in the water saying, "we are just going to bring it even harder now."

# Men's soccer completes three game road trip

By SCOTT ATKINS  
Sports Editor

The Marist men's soccer team opened conference play last week, going 1-2 on their three-game road trip.

Dropping two out of their first three MAAC games is not the start head coach Matt Viggiano had in mind, but he knows there is still a lot of soccer to be played.

"We've got four of our last six games at home," he said. "If we take care of business, we should definitely make it [into the MAAC Tournament]."

The MAAC Tournament involves three matches in which the top four seeds from the regular season battle for the conference crown. Last year's tournament saw Loyola beat out Niagara 1-0 in a double overtime match that was aired on

ESPN. The Foxes ended the season ranked fifth in the conference, missing the tournament by one spot.

Marist entered MAAC play with a 5-4 record, winning four of their last six matches. The squad traveled to Loudonville, N.Y. to play Siena on Oct. 9 to begin their road-trip. The

**"Our goal now is to undefeated at home in the MAAC."  
- Head coach Matt Viggiano**

Foxes saw the Saints score the first four goals of the match, before sophomore Stephen Brossard put the ball in the back of the net to make it 4-1. The game finished with Siena earning a commanding 5-1 victory.

Next up for the Foxes was a Friday afternoon matchup against Iona, the 2009 MAAC regular sea-

son champions. Brossard scored for the second straight game and put Marist ahead in the 19th minute. The one-goal lead would last until junior Lucas Szabo gave the Foxes a two goal cushion with 16 minutes left in the match as the Foxes shutout the Gaels 2-0, and improved to 5-0 when scoring first.

"[Scoring first] lets the team breathe easy," Viggiano said. "It actually plays into our style because teams like to play defensive against us. But when we score first the other team has to expand and it leads to success for us."

Marist completed the three-game road trip with a match against Fairfield, who entered the game with a 2-5 record. The Stags jumped out to an early lead, scoring in the 15th minute, and by middle of the second half, the Foxes were in the hole 3-0. Brossard eventually would tally his

team-leading sixth goal of the season, extending his goal streak to three games, but Marist fell 3-1. Fairfield earned the victory despite losing in the shots-on-goal column 7-6.

"It was frustrating because I think we were the better team that day," Viggiano said. "I definitely wouldn't mind playing them again."

Marist (6-6, 1-2 MAAC) will return to Poughkeepsie for a two-game home stretch, starting with Saint Peter's, who sits in first place in the MAAC with a 3-0-1 conference record.

"Our goal now is to go undefeated at home in the MAAC," Viggiano said. "We've got the team that's in first place in the conference coming to town. Hopefully we'll have a big crowd Friday night."

The Foxes will take on Saint Peter's on Oct. 22 at 7 p.m.

# Cross country competes in UAlbany Invitational

By ERIC VANDER VOORT  
Circle Contributor

## Men's

In their last race before the MAAC Championships on Oct. 29, runners from the Marist men's cross country team competed in both the Penn State National and the UAlbany Invitational last Saturday.

At Penn State, Marist took 12th place in a field that included the likes of Syracuse, Penn State and Villanova, and other regionally ranked squads.

"We sent our top guys for the most part to Penn State. They did a nice job, being in the top half of a national-caliber field," coach Pete Colaizzo said.

The Red Foxes finished with 344 points, 34 behind 11th place

Duquesne. Syracuse won the meet with 61 points.

Marist's top five finishers were within 32 seconds of each other, led by junior Matthew Flint. Flint finished 54th overall, and was Marist's top finisher. He completed the 5.2-mile course in 26:54.

Flint said that the team's performance was a "step in the right direction," and that he is excited to "really show the work we've done at MAACs."

In Albany, Marist's younger runners led the Red Foxes to a sixth-place finish at the UAlbany Invitational. The Red Foxes finished with 202 points, just eight points behind fifth-place Colgate.

Colaizzo was pleased with the team's performance.

"Our guys did a great job in Albany, most of our younger guys got

personal bests," he said.

Senior Timothy Keegan was Marist's top finisher in the 8,000-meter race, earning 18th overall with a time of 25:45. Freshman Nick Hughes achieved a personal best of 26:11, placing 31st overall.

Next up for the Red Foxes is the

**"Our guys did a great job in Albany, most of our younger guys got personal bests."  
- Head coach Pete Colaizzo**

MAAC Championships, Oct. 29 at Hammonasset State Park in Madison, Connecticut. Coach Colaizzo is excited for the team's prospects.

"We're tuned up pretty well for MAAC's," he said. "Our guys are running well at the right time."

Women's

The Marist women's cross country team competed at the UAlbany Invitational on Saturday, taking sixth place. The Red Foxes finished with 163 points, 14 points behind fifth-place Binghamton. New Hampshire won the meet with 29 points.

Freshman Kiersten Anderson was Marist's top overall finisher for the fifth time this season, placing 11th overall in the 5,000 meter race with a time of 18:18.

Sophomores Katie Messina and Erin O'Reilly performed strongly as well. Messina finished 35th overall with a time of 18:56, and O'Reilly was right behind, in 36th with a time of 18:57.

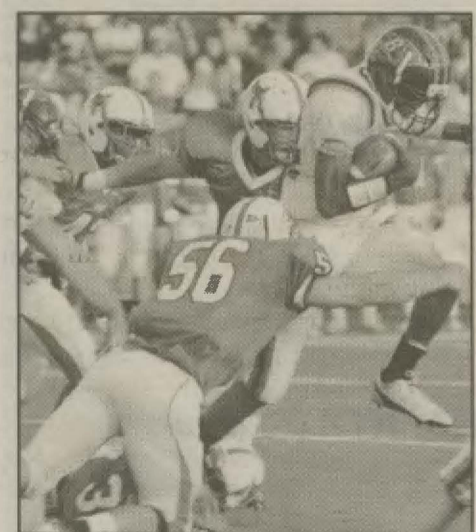
The team will next compete at the MAAC Championships at Hammonasset State Park in Madison, Connecticut on Oct. 29.

From Page 12

# Marist misses too many opportunities, falls to 2-4 overall

"I was looking to spark something with any type of return because the offense was really struggling," LaMacchia said. "I saw a defender, and it looked like he was going to over pursue. I stepped up and caught it, and he did over pursue. That gave me some room and I was able to break it outside."

The score remained 10-7 for over 29 minutes of the second half, with the Red Foxes unable to extend their lead or put the game away.



RYAN HUTTON/THE CIRCLE

Tyler Ramsey (above) compiled 9 tackles and 1 interception on Saturday.

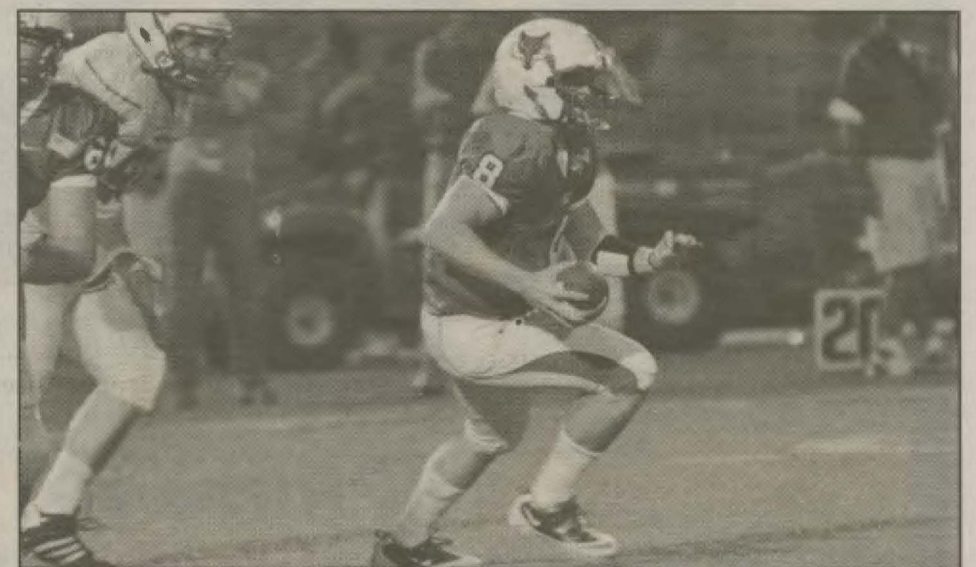
"There were five or six different plays we needed to execute to put the game away, and we just couldn't execute any of them," LaMacchia said.

One of those plays came on a third down with 4:12 remaining in the fourth quarter at the San Diego 30-yard-line. Marist needed just four yards for a first down and an opportunity to run out the clock on the Toreros, who had burned all of their timeouts. Reilly handed the ball off to Atiq Lucas, who was stopped at the line scrimmage.

"If we get that first down, we could've virtually ended the game," LaMacchia said. "It just wasn't our day."

The Red Foxes then, attempted to gain the yardage on fourth down, but Reilly was sacked for the fourth time. The Toreros regained possession at their own 39-yard-line in what would be their game-clinching drive.

Junior quarterback Tommy Reilly completed 12-of-24 passes for 188 yards and one interception. Amid media speculation about freshman Chuckie Looney replacing Reilly at quarterback, Marist's star wide re-



RYAN HUTTON/THE CIRCLE

Quarterback Tommy Reilly completed 12-of-24 passes for 188 yards and one interception in Marist's loss on Saturday. Marist fell to 2-4 overall and 1-3 in the PFL.

ceiver said people are too quick to blame the team's signal caller.

"It's just tough with a young offensive line," LaMacchia said. "What people don't always realize about Tommy is that he stands back in the pocket and takes the shots. Although Chuckie [Looney] can get out of the pocket, it would be tough to just throw him into the game as a freshman. We trust Tommy."

The loss dropped Marist to 2-4

overall and 1-3 in the PFL. San Diego improved its record to 2-5 and 2-2 in PFL.

The Red Foxes will return to action next Saturday, Oct. 23 at Jacksonville, which is 6-1 overall and 4-0 in PFL play. Kickoff is set for noon. The two teams played last year in Poughkeepsie in game in which Marist won in the final seconds on a touchdown reception by current junior Kevin Fitzpatrick.



## Toreros top Red Foxes in final seconds

By JIM URSO  
Sports Editor

On Saturday at Tenney Stadium, there were roughly 54 minutes between the San Diego Torero's two **football** touchdowns. However, those two scores would be enough to defeat the Marist football team 14-10.

"We gave them one too many opportunities at the end of the football game and they made us pay for it," Marist coach Jim Parady said.

The Red Foxes committed two turnovers, had a field goal blocked, and scored three points in four trips to the red zone.

With thirty seconds remaining, the Toreros scored on a seven-yard touchdown pass from Mason Mills to Sam Hoekstra to cap a 61-yard drive in less than three minutes.

"It was a play they had run before and we thought they may go back to," Parady said. "They did, and they threw over the top of one guy and a half-of man away from another and they executed beautifully, and into a strong wind too."

Although the Toreros gained 396 yards, the Red Foxes' defense was able to keep San Diego off the scoreboard for a large portion of the game.



RYAN HUTTON/THE CIRCLE

Despite a strong defensive performance, Marist could not stop the San Diego Toreros from scoring a game-winning touchdown in the final minute of Saturday's PFL contest.

"It's unfortunate the game ended the way it did," sophomore linebacker Tyler Ramsey said. "Although it hurts, we just have to look at the positives."

San Diego's other touchdown came on its first drive when the Toreros marched 80 yards in 11 plays.

"That was a rough drive," Ramsey said. "We made some adjustments alignment wise and stopped blitzing as much."

Ramsey compiled nine tackles and snagged an interception in the end zone during the third quarter. On the 3-yard-line, Mills rolled out right

as he surveyed the field for an open receiver.

"The quarterback [Mills] faked me out on the play action, so I pushed back," Ramsey said. "I thought he may try to push the ball over the top. I don't even think he saw me."

Early in the second quarter freshman defensive back Nick Kaszei intercepted a pass on the Marist 16-yard-line, returning it 63 yards to the San Diego 21. The Red Foxes, however, could not convert the turnover into points.

"We moved the ball, we just didn't put it in the end zone," Parady said. "Finishing drives is the issue."

According to Ramsey, the defense holds no resentment against an offensive unit that ran for 25 yards on 28 carries and scored 3 points in two trips inside the 5-yard-line.

"You can argue that we should've stopped them on that final drive," Ramsey said. "We win and lose as a team."

Marist's lone touchdown came on a punt return. With 3:47 remaining in the second quarter, senior James LaMacchia received a punt, broke through a number of Toreros and galloped 69 yards toward the goal line. The return put Marist up 10-7 at halftime.

SEE HALFTIME, PAGE 11

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